

In the Claims

Claims 1 to 24 are pending in the application.

Claims 1 to 24 are subject to restriction and/or election requirement.

Explanation of Amendments in the Claims:

1. (original) An article of footwear comprising:  
an outsole for engaging the ground;  
a shoe body supported on the outsole, including an internal foot bed for receiving a foot of a person therein; and  
an insole having a depth which is at least  $\frac{3}{8}$  inch at a metatarsal region thereof for supporting the foot of the person thereon;  
the foot bed having an internal height which is suitably sized for comfortably receiving therein both the insole and the foot of the person supported on the insole.
2. (original) The article of footwear according to Claim 1 wherein the insole is selectively separable from the outsole for replacement thereof.
3. (original) The article of footwear according to Claim 1 wherein thickness of the insole at the metatarsal region and at a centre of a heel region are substantially identical.
4. (original) The article of footwear according to Claim 3 wherein thickness at an arch of the insole is plural times thickness at the heel region.
5. (original) The article of footwear according to Claim 1 wherein the foot bed has an internal height of at least 2 inches at the metatarsal region.
6. (original) The article of footwear according to Claim 1 wherein a ratio of height at the metatarsal region to length of the foot bed is at least 0.2.
7. (original) The article of footwear according to Claim 1 wherein a ratio of height at the metatarsal region to width at the metatarsal region of the foot bed is at least 0.55.
8. (original) The article of footwear according to Claim 1 wherein the insole has an average durometer as measured on the Ashore hardness scale of at least 6.
9. (original) The article of footwear according to Claim 1 wherein the insole

comprises an insole body and at least one insert arranged to be received within the insole body and having a durometer which varies from durometer of the insole body.

10. (original) The article of footwear according to Claim 9 wherein said at least one insert includes a metatarsal insert which is located at a metatarsal region of the insole.

11. (original) The article of footwear according to Claim 10 wherein the metatarsal insert is substantially equal in hardness or stiffer than the insole body.

12. (original) The article of footwear according to Claim 9 wherein said at least one insert includes a heel and arch insert which spans a heel region and an arch region of the insole.

13. (original) The article of footwear according to Claim 12 wherein the heel and arch insert is less stiff than the insole body.

14. (original) The article of footwear according to Claim 1 wherein the insole comprises an insole body, having a hardness measured on the Ashore hardness scale between 15 and 20, receiving a metatarsal insert, having a hardness measured on the Ashore hardness scale between 15 and 34, at a metatarsal region of the insole and a heel and arch insert, having a hardness measured on the Ashore hardness scale between 8 and 25, spanning a heel region and an arch region of the insole, the insole having a minimum thickness of 3/8 inch throughout.

15. (original) The article of footwear according to Claim 1 wherein the insole is raised upwardly on opposing sides at a metatarsal region thereof.

16. (original) The article of footwear according to Claim 1 wherein the insole has an average thickness between 3/8 of an inch and 3/4 of an inch.

17. (original) The article of footwear according to Claim 1 wherein the insole has a minimum thickness of approximately 1/2 inch.

18. (original) An article of footwear comprising:

an outsole for engaging the ground;

a shoe body supported on the outsole, including an internal foot bed for receiving a foot of a person therein; and

an insole for supporting the foot of the person thereon;

the insole being formed of a material having a maximum compression defined when additional force applied to the insole results in a substantially reduced rate of compression of the material;

the insole having a thickness and a durometer at a metatarsal region thereof such that the maximum compression is not reached when the insole is stepped on by an adult person of average weight;

the foot bed having an internal height which is suitably sized for comfortably receiving therein both the insole and the foot of the person supported on the insole.

19. (cancelled)

20. (cancelled)

21. (cancelled)

22. (cancelled)

23. (cancelled)

24. (cancelled)